

Description of Activity

Arrange pupils in groups of three. Start by inviting pupils to warm up their kicking skills by kicking the ball to each other in a triangle. Once everyone has warmed up, invite two pupils to stand facing each other approximately five meters apart. The other pupil stands in the middle with their legs spread wide apart as the goal. The two outside pupils try to kick the ball through the goal, keeping the ball below knee height and on the ground if possible. If successful, the scorer moves to the middle and becomes the goal. The ball is then kicked by the other pupil to continue the game. As the activity progresses and the kicking becomes more accurate, the pace of running between positions should increase.



Variations

- Vary the distance between pupils.
- Add a second goal (pupil).
- Encourage pupils to use their non-dominant foot.

Equipment

An open playing area, balls of various sizes



- Ensure there is adequate space between groups.
- It may be useful to use soft balls to avoid hurting the person in the middle, especially if skill level is low. Also continuously refer to safety during the activity.
- Keep the ball on the ground (below knee height) at all times.



- Practise kicking with your non-dominant leg at home.



triúr • dalta sa lár • líon • cosa amach • liathróid a ciceáil